

Clinical Trial Protocol

Iranian Registry of Clinical Trials

07 Jul 2026

Effect of dry needling on radiated pain of shoulder muscles trigger points in tennis elbow patients.

Protocol summary

Summary

The purpose of this study is to investigate the effect of dry needling on radiated pain of shoulder muscles trigger points in tennis elbow patients. In the present study 14 females aged 20-45 years with trigger points in mentioned muscles are selected through convenience sampling and then are assigned to control and intervention groups randomly. Treatments in control group include ultrasound, electrotherapy, icepack and exercise therapy. Dry needling on trigger points will be applied for the patients in intervention group on alternate session (maximum 6 sessions) in addition to the treatment in control group. The course of treatment will be 10 sessions in both groups. Pain intensity, pressure sensitivity threshold and grip power will be recorded at the first session before starting the treatment and at the end after 10 sessions by Visual analog scale (VAS), Algometry and Dynamometry in each group. Finally by comparison these variables the effect of dry needling on reduction of elbow pain in patients with tennis elbow will be investigated.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201508291552N5**

Registration date: **2015-09-11, 1394/06/20**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2015-09-11, 1394/06/20

Registrant information

Name

Maryam Ebrahimian

Name of organization / entity

Shiraz University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Vice-chancellor for reasearch of Shiraz University of Medical Sciences

Expected recruitment start date

2015-09-23, 1394/07/01

Expected recruitment end date

2015-12-22, 1394/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of dry needling on radiated pain of shoulder muscles trigger points in tennis elbow patients.

Public title

Effect of dry needling on radiated pain of shoulder muscles trigger points in tennis elbow patients.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Women with tennis elbow and trigger points in the supraspinatus, infraspinatus, sub scapularis and scalene muscles age range 20-45 years Exclusion criteria:History of injury to the ribs, thoracic and cervical spine, history of fracture , dislocation , trauma and surgery of the upper limb, cardiovascular disease ,

depression and severe anxiety, neurological signs and symptoms , rheumatic diseases , infectious diseases.

Age

From **20 years** old to **45 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **14**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

1

Registry name

ثبت نگردیده است

Secondary trial Id

ندارد

Registration date

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Shiraz University of Medical Sciences

Street address

In front of Felestin Street, Zand Avenue

City

Shiraz

Postal code

1433671348

Approval date

2015-08-02, 1394/05/11

Ethics committee reference number

IR.SUMS.REC.1394.84

Health conditions studied

1

Description of health condition studied

Tennis elbow

ICD-10 code

M77.1

ICD-10 code description

Lateral epicondylitis of elbow

Primary outcomes

1

Description

Pain intensity

Timepoint

Before and after intervention

Method of measurement

Visual Analog Scale(VAS)

Secondary outcomes

1

Description

Grip strength

Timepoint

Before and after intervention

Method of measurement

Dynamometry

2

Description

Pressure sensitivity threshold

Timepoint

Before and after intervention

Method of measurement

Algometry

Intervention groups

1

Description

In the intervention group:5 minutes continues ultrasound , 20 minutes burst TENS with ice pack, exercise therapy (3times a day each time 3 sets 15 times), Dry needle (maximum 6 sessions)

Category

Rehabilitation

2

Description

In the control group: 5 minutes continues ultrasound , 20 minutes burst TENS with ice pack, exercise therapy (3times a day each time 3 sets 15 times)

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Rehabilitation Sciences School of Shiraz University of
Medical Sciences

Full name of responsible person

Maryam Ebrahimiyan

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research Affairs of Shiraz
University of Medical Sciences

Full name of responsible person

Dr. Sayed Basir Hashemi

Street address

7th floor of Central Building of Shiraz University of
Medical Sciences, In front of Felestin Street, Zand
Avenue.

City

Shiraz

Grant name

Grant code / Reference number

**Is the source of funding the same sponsor
organization/entity?**

Yes

Title of funding source

Vice Chancellor for Research Affairs of Shiraz University of
Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Rehabilitation Sciences School of Shiraz University of
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Full name of responsible person

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Position

Master of Science/ Faculty member

Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty